

The background is a stylized landscape. At the top, a dark teal banner contains the text 'BONUS RECIPE BUNDLE'. Below it, a large, light-colored sun or moon is partially obscured by several overlapping, triangular mountain peaks in shades of blue and green. The middle section features a horizontal band of warm orange and yellow tones, representing a sunset or sunrise. Below this, a row of dark green, triangular shapes represents a forest. The bottom section is a teal-colored area representing water, with a large, light blue, teardrop-shaped reflection of the sun or moon in the center. The text 'RECIPES & STORIES FROM A CANADIAN ROAD TRIP' is centered in the middle section, and the title 'FEAST' is written in large, white, bold letters across the sunset band. The authors' names 'LINDSAY ANDERSON & DANA VANVELLER' and the foreword author 'FOREWORD BY CHEF LYNN CRAWFORD' are positioned in the bottom section.

BONUS RECIPE BUNDLE

RECIPES & STORIES
FROM A CANADIAN ROAD TRIP

FEAST

LINDSAY ANDERSON & DANA VANVELLER

FOREWORD BY CHEF LYNN CRAWFORD

INTRODUCTION

Firstly, thank you for buying *FEAST: Recipes and Stories from a Canadian Road Trip*! It means so, so much to us. Making this book was as much of an adventure as the journey it's based on, and it is a genuine honour to share it with you.

Secondly, thank you for pre-ordering, because it gives us the opportunity to offer up six more recipes and stories. Each was supposed to be in the book, but we couldn't squeeze them all in! On our trip, we met so many people and ate so much good food that we easily could have filled 600 pages with recipes; fortunately, our editor knew better and kindly gave us some limits. It's a good thing too, because otherwise we'd still be writing, and would be very loopy by now.

Like those in the book, we hope that these recipes will inspire you not only to hang out in the kitchen, but also to explore the food culture that's around you, wherever you are. And if the *Bush Camp Brandade* gets you out into the woods and around a campfire, we really, really hope you'll share a picture with us.

Happy cooking, friends!





ASPARAGUS & HAZELNUT PESTO CROSTINI

When we were in the planning phase of our edible road trip, “Attending a Joy Road dinner” was one of the first items we added to the itinerary. The experience was even more remarkable than we’d anticipated, and is worth a trek to the Okanagan valley from any corner of our country. Joy Road cooks according to the seasons in this region, famous for its gorgeous produce and dedicated food producers. In the spring, fields are full of new asparagus, and Joy Road puts the green spears to good use.

SERVES 8 TO 10

- 1/3 cup (80 mL) hazelnuts
- 1 pound (about 454 grams) asparagus
- 2/3 cup (160 mL) extra virgin olive oil
- 1/2 clove garlic, minced
- 1/4 tsp lemon zest
- 3-4 tsp (15 to 20 mL) freshly squeezed lemon juice
- 1 tsp (3 mL) salt
- 1/2 tsp (2 mL) freshly ground black pepper
- 1 cup (250 mL) Parmigiano-Reggiano, grated then measured

FOR SERVING:

- 1 baguette, sliced and toasted
- Ricotta or soft goat cheese

Preheat the oven to 350°F (180°C)

Toast the hazelnuts on a baking sheet in the oven for 8 to 10 minutes, or until golden brown. Pour them into a clean tea towel and wrap them up. Vigorously rub the hazelnuts through the towel to remove the skins. Don’t worry if they don’t all come off. Discard the skins.

Set a medium pot to boil with salted water. Fill a medium bowl with ice and water, and set aside. Break off the woody ends of the asparagus and cut the spears into 1-inch (2.5 cm) pieces. Blanch for 30 seconds, then remove from the boiling water with a slotted spoon and transfer to the ice bath. Once cooled, drain and spread out to dry on a clean tea towel.

In a food processor, blend the hazelnuts, 1/2 cup (125 mL) olive oil, garlic, zest, salt and pepper into a smooth purée. Add the asparagus and cheese and blend, adding the lemon juice and remaining olive oil in a slow, steady stream, until it reaches the consistency of hummus. Taste and add more salt, pepper and/or lemon juice if desired. You’ll end up with about 3 cups (750 mL) of the pesto, and can store any leftovers in the refrigerator for up to 1 week with plastic wrap pressed to the surface to prevent oxidation.

Our favourite way to eat this pesto is by serving it on toasted slices of baguette with ricotta or goat cheese, but you can also toss it with pasta, roasted cauliflower, or spread it on a sandwich.

For more asparagus inspiration from Joy Road, check out their Pickled Asparagus with Lovage and Tarragon (page 254, once your *Feast* cookbook arrives).



SOURDOUGH-DIPPED CARIBOU STEAKS

WITH SPRUCE TIP GRAVY

Jeffery Mickelson was the head chef at Klondike Kate's, a restaurant and small hotel that's become an institution in Dawson City, Yukon. The restaurant specializes in southern-style barbeque with boreal ingredients, with dishes like Boreal Birch Smoked Chicken Leg and Elk Blueberry Sausage with Rhubarb Jam. Caribou is Chef Jeffery's usual weapon of choice for this recipe, but he's also used pork, lamb, beef, and moose with great success.

SERVES 4

STEAKS:

- 4 caribou round steaks, 8 ounces each (227 grams), about 1/2-inch thick (alternatives above)
- 1 Tbsp (15 mL) Cajun spice, divided
- 1 cup (250 mL) sourdough starter (see page 253 once your *Feast* cookbook arrives), or 3 whole eggs, beaten
- 1 cup + 2 Tbsp (280 mL) all-purpose flour, divided
- 1/8 tsp salt
- 1/8 tsp freshly ground black pepper

GRAVY:

- 1/2 cup (125 mL) lard or vegetable oil
- 1 to 1 1/2 cups (250 to 375 mL) whole milk
- 1 Tbsp (15 mL) fresh or frozen spruce tips or flat-leaf parsley, finely chopped
- 1/2 tsp (1.5 mL) salt
- 1/8 tsp freshly ground black pepper
- 1/4 tsp hot red pepper sauce (or hot sauce of your choice)

FOR SERVING:

- 2 Tbsp (30 mL) Yukon birch syrup, or an equal mix of maple syrup and molasses

Season each steak on both sides with about 1/2 tsp of Cajun spice. If the Cajun spice mix does not contain salt, then also season with a sprinkle of salt. Lay out a large piece of plastic wrap on the counter, and place the first steak on one half of it. Fold the plastic wrap over it, and use a meat tenderizer to pound it down to about a 1/4-inch (6 mm) thickness. Repeat with the other 3 steaks.

Prepare 2 bowls, one with the sourdough starter, and the other with 1 cup (150 grams) of flour mixed with the salt and pepper, as well as the remaining Cajun spice. Add water to the bowl with the starter until it's the consistency of a thin pancake batter.

Preheat the oven to 200°F (93°C). In a large skillet, heat the lard over medium-high. Dredge the steaks in the flour mixture, shaking off any excess, then dip the steaks in the starter (or beaten eggs), tapping again to remove any excess. Finally, dredge them in the flour mixture once more.

Add the steaks to the hot oil, 1 or 2 at a time, and let cook, turning once. Fry until they're golden brown, about 3 minutes on each side. Briefly place them on a piece of paper towel to drain any excess oil, then place on a baking sheet in the oven to keep warm. Repeat with the remaining steaks, adding more lard to the pan when necessary.

When the steaks are cooked, pour out all but 2 Tbsp (30 mL) of fat from the skillet, and add the remaining 2 Tbsp (30 mL) of flour. Whisk together and cook quickly for about 1 minute, until it's combined and bubbling.

Add the milk, spruce tips, salt and pepper, and whisk continuously to make a smooth gravy. Add the hot sauce, stir, then taste and add more seasonings if desired. Pour over the steaks right away, and drizzle with about 1/2 Tbsp (7 mL) of birch syrup per steak. Enjoy!



BUSH CAMP BRANDADE

Kevin Kossowan is an Edmonton-based writer, farmer, and multi-media maker who possesses more knowledge about hunting, foraging, and fishing than just about anyone we know. He's also a damn fine cook; we learned this one summer day as we sipped cider pressed from his apple tree while eating an omelette that was cooked in his outdoor oven, and made with eggs from his backyard chickens. It's no surprise that he also eats well while in the woods, and this camping-inspired dish is proof. Traditionally, brandade is a purée of salt cod, olive oil, and sometimes potatoes, but Kevin's adapted it to work inland, with freshly caught lake fish. He says:

This open-faced sandwich is an especially useful way to stretch fish a long way if you've caught few and have many to feed. In the field, we'd do the cookery over a wood fire. A cast iron pan makes the job easier, but if you don't have one or don't want the clean-up, grab a rock and cook the fish directly on the rock.

Obviously, this could just as easily be made at home, and we've provided directions for home cooking. This recipe is very forgiving when it comes to proportions and ingredients, so think of the following list as a simple guideline.

SERVES 6 TO 8

1 tsp (5 mL) olive oil
6 to 8 medium potatoes (about 680 grams), peeled and diced
2 Tbsp (30 mL) unsalted butter
1/2 cup (125 mL) whole milk or heavy cream, divided
1 whole trout (about 680 grams), gutted and de-boned
1/2 cup (125 mL) Piave or Parmigiano-Reggiano, grated then measured
Salt and freshly ground black pepper

FOR SERVING:

Good quality loaf of bread

Preheat the oven to 425°F (220°C). Grease a baking dish with the olive oil.

In a large pot, add the potatoes and cover with water. Bring to a boil and cook until soft, about 20 minutes, and drain. Return the potatoes to the empty pot, add the butter and 1/4 cup of the milk or cream, and use a potato masher to mash the potatoes well.

While the potatoes are cooking, season the fish with salt and pepper, and place in the prepared baking dish. Cover and cook for 10-15 minutes, or until the fish flakes easily with a fork at the thickest part. Once cool enough to handle, place all the cooked fish in a bowl, and double check for any remaining bones.

Combine the mashed potatoes with the cooked trout (in equal parts), and mash it together until coarsely combined. Mix in another 1/4 cup of milk or cream (or more), until it's the consistency of a loose mashed potato. Grate in 1/2 cup of cheese, or more if you prefer. Season with salt and pepper to taste.

Toast slices of bread, and serve topped with the brandade.



JUNIPER & CORIANDER BRAISED RED CABBAGE

This dish comes from Bryan Picard, a Cape Breton chef whose food we love so much, we also snagged his go-to recipe for East Coast Fish Cakes (page 125 in the *Feast* cookbook). This recipe is perfect for cold weather, and is something we make a lot, both for its lovely simplicity and because we have a crush on anything with juniper. While it goes with nearly anything, Bryan recommends pairing it with sausages and hot mustard.

SERVES 6 TO 8

- 3 Tbsp (45 mL) unsalted butter
- 2 large shallots (100 grams), thinly sliced
- 1 small red cabbage (about 450 grams), thinly sliced
- 1 cup (250 mL) dry red wine
- 10 dried juniper berries, crushed
- 10 coriander seeds, crushed
- 1 Tbsp (15 mL) honey
- 2 Tbsp (30 mL) apple cider vinegar
- Salt and freshly ground black pepper

FOR SERVING:

- Chopped flat-leaf parsley

In a Dutch oven or large pot, heat the butter over medium heat. Add the shallot and cabbage and cook for 15 minutes. Add the wine, stir, and cook for another 5 minutes.

Add the juniper, coriander, honey, and vinegar, then lower the heat and cover. Leave to simmer for 30 minutes, stirring occasionally. Once the cabbage is tender, season to taste with salt, pepper, and additional apple cider vinegar. Serve warm.



GRILLED CORN & TURNIP PURÉE

WITH PANKO CRUST

This recipe, from Newfoundland's Garry Gosse, was created to accompany his Maple Molasses Braised Pork Belly (page 88 of the *Feast* cookbook). It's a rich, earthy, and mildly sweet side dish that would go well with any early autumn meal. The corn is best if charred on the barbeque, but it can also be boiled.

SERVES 6 TO 8

5 cups (about 750 grams) turnips, peeled and diced
3 ears fresh corn (about 600 grams), shucked
1 Tbsp (15 mL) olive oil
1/2 cup (125 mL) unsalted butter
1 1/2 tsp (7 mL) salt
1/4 tsp freshly ground black pepper
1 cup (250 mL) panko bread crumbs
1/4 cup (60 mL) Parmigiano-Reggiano, grated then measured

If using a barbeque to cook your corn, preheat on high (450°F to 500°F or 230°C to 260°C).

Preheat the oven to 375°F (190°C), and butter a 9- x 9-inch (23 x 23 cm) casserole dish.

Place the turnips in a medium pot, cover with water, and set to boil. Cook until the turnips are fork tender, about 10 to 15 minutes, then drain and set aside.

Brush the corn with the olive oil, and place on the grill. Turning the cobs over every few minutes, cook about 10 minutes, or until the corn is bright yellow and has good char marks—these will add to the flavour. Remove the corn when finished, and set aside until cool enough to handle. Alternatively, cook the corn in a pot of boiling water for about 5 minutes.

Cut the kernels from the cob, and place in a food processor along with the turnips, butter, salt, and pepper. Purée until smooth, adding more salt and/or pepper if desired. Transfer to the buttered casserole dish. In a small bowl mix the panko, Parmigiano-Reggiano, and a big pinch of salt, and sprinkle over the turnip mixture. Bake for 30 minutes, or until the crust is golden and the edges are bubbling. Let cool for 5 minutes and serve.



CHARLOTTE COUNTY BLUEBERRY COBLER

Our friend Karen Anderson is the owner of Calgary Food Tours, though she originally hails from the town of St. Andrews by-the-Sea, New Brunswick. Her parents, Reg and Gerri, are still there, and invited us over for lunch when we passed through. Gerri fed us homemade seafood chowder and pie made with wild blueberries picked by Reg. For the book, they've contributed yet another wonderful blueberry recipe. Karen says, "There's nothing fancy about this cobbler. It comes from our dear cousin Kanene and uses a bit of humble old Bisquick. It's always a crowd-pleaser."

SERVES 9

BERRIES:

3 cups (750 mL) blueberries, preferably wild
1 cup (250 mL) sugar

BATTER:

1 1/2 cups (375 mL) Bisquick
2 Tbsp (30 mL) sugar
2 Tbsp (30 mL) unsalted butter, melted
2/3 cup (160 mL) whole milk

TOPPING:

2 Tbsp (30 mL) cornstarch
1/2 cup (125 mL) sugar
1 cup (250 mL) boiling water

FOR SERVING:

Whipped cream or vanilla ice cream

Preheat the oven to 400°F (200°C). Grease an 8- x 8-inch (20 x 20 cm) pan with butter.

Mix the blueberries with 1 cup (250 mL) of sugar and pour into the prepared pan.

For the batter, mix the Bisquick and 2 Tbsp (30 mL) of sugar together, then add in the melted butter and milk and mix with a wooden spoon until smooth. Spread the batter evenly over the berries in the pan.

For the topping, mix the cornstarch and sugar together and sprinkle over the batter. Carefully pour the cup of boiling water evenly over the top. Place the pan on a baking sheet before placing in the oven, just in case any berry juice bubbles over.

Bake for 40 to 50 minutes (checking after about 35 minutes), or until golden brown. Enjoy warm with ice cream or whipped cream.